

Heart Disease Prevention Programs & Services in the Champlain District

AN INVENTORY OF PARTNERS AND PROGRAMS

JUNE 2005

Acknowledgements

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1.0 Introduction

1.1 Background & Objectives

In June 2004, the University of Ottawa Heart Institute (UOHI) and our partners launched a strategic planning process to support the development of a regional prevention strategy to support prevention and management of heart disease in the Champlain District. A key element of the planning process was to document in the form of an inventory the current state of activities, programs, and partnerships addressing the prevention or management of heart disease operating within the Champlain District. The UOHI partnered with the Champlain District Health Council to develop an inventory of heart health activities in the Champlain District.

It was recognized that a structured process would be required to gather input for various sectors involved in the prevention and management of chronic disease including: public health units, community health centres, not-for-profit organizations, and hospitals. The objectives of the inventory were to:

- 1) Identify organizations currently delivering heart health promotion, prevention, or disease management services in the Champlain District;
- 2) Identify heart health programs operating in the Champlain district and characterize these activities.

1.2 Methodology

Two methods were used to collect information: 1) stakeholder interviews, 2) review of organizational documents. The specific descriptive variables that were collected for each program are as follows: program, host organization/program, target audience, format, area of focus, and channel/setting. Input and review was provided by representatives from partners across the Champlain District to ensure the accuracy of information presented. A Glossary of Terms is provided in *Appendix A*.

1.3 In this Report

This report is presented in two main sections. In Section 1, Heart Health Partners, we provide an overview of existing partnerships within the Champlain region, and describe the organizational structures of these national, provincial and regional groups.

In Section 2, Heart Health Inventory, we provide an overview of programs and services being delivered by organizations within the Champlain region. The inventory highlights the policies, programs, and initiatives currently operating in the Champlain District which address heart disease, risk factors for heart disease, and heart healthy living. A series of charts and tables have been used to summarize data collected from Public Health Units, Community Health Centres, Primary Care, Specialty Care, and Hospitals.

2.0 Heart Health Partners

2.1 Partner Organization

Across the district there are 17 hospitals, 3 community care access centres, more than 40 long-term care facilities, in addition to a wide range of community-based health services (DHC, 2003). A total of 2,434 active physicians, 8,200 registered nurses (RN), 2,375 registered practical nurses and 6 RN extended class, 1305 hospital based physiotherapists and 628 occupational therapists are employed in the Champlain District.

Figure 2.1: Champlain District (Local Health Integration Network)

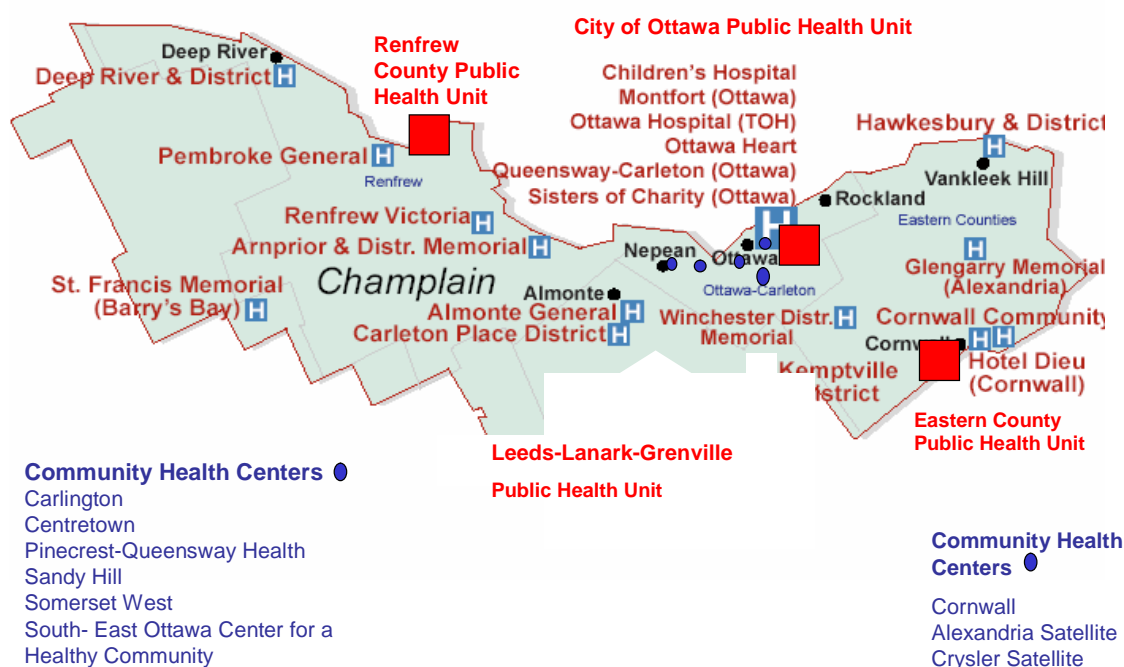


Table 2.1: Active Physicians in the Champlain District (2000)

Region	Non-Specialists	Specialists	All Physicians
Ottawa	862	1,249	2,111
Renfrew	84	28	112
Prescott-Russell	64	17	81
Stormont, Dundas & Glengarry	80	50	130
Champlain District	1,090	1,344	2,434

Table 2.2: Nurses Employed in the Champlain District (2000)

Region	RNs	RPNS	RNECs	All Nurses
Ottawa	6,646	1,616	36	8,298
Renfrew	622	336	5	963
Prescott-Russell	195	100	1	296
Stormont, Dundas & Glengarry	746	323	4	1,073
Champlain District	8,209	2,375	46	10,630

Table 2.3: Summary of Organizations & Partners in the Champlain District

Sector	Ottawa	Renfrew	Eastern Ontario	Lanark-Leeds-Grenville
Public Health	<ul style="list-style-type: none"> ▪ Ottawa Public Health 	<ul style="list-style-type: none"> ▪ Renfrew County PHU 	<ul style="list-style-type: none"> ▪ Eastern County PHU 	<ul style="list-style-type: none"> ▪ LLG PHU
Hospitals	<ul style="list-style-type: none"> ▪ CHEO ▪ Hopital Monfort ▪ The Ottawa Hospital ▪ Queensway Carleton ▪ Sisters of Charity 	<ul style="list-style-type: none"> ▪ Deep River & District ▪ Pembroke General ▪ Renfrew Victoria ▪ St. Francis Memorial ▪ Arnprior & District Hospital 	<ul style="list-style-type: none"> ▪ Cornwall Community ▪ Glengary Memorial ▪ Hawkesbury & District ▪ Hotel Dieu ▪ Winchester District Memorial 	<ul style="list-style-type: none"> ▪ Almonte ▪ Carleton Place
Cardiac centre	<ul style="list-style-type: none"> ▪ Ottawa Heart Institute 	<ul style="list-style-type: none"> ▪ Served by UOHI 	<ul style="list-style-type: none"> ▪ Served by UOHI 	<ul style="list-style-type: none"> ▪ Served by UOHI
Community Health Centres	<ul style="list-style-type: none"> ▪ Carlington Community ▪ Centertown ▪ Pinecrest-Queensway ▪ Sandy Hill ▪ Somerset West ▪ South-East Ottawa 	<ul style="list-style-type: none"> ▪ Proposal for new CHC 	<ul style="list-style-type: none"> ▪ Centre communautaire de l'estrie ▪ Cornwall ▪ Alexandria 	
Primary Care Physicians (# Drs)	<ul style="list-style-type: none"> ▪ Central Ottawa (8) ▪ Civic FHN (8) ▪ Bruyere (10) ▪ Manotick Association (8) ▪ Ottawa East (25) ▪ St. Joseph (9) ▪ Orleans (5) ▪ South Ottawa (6) ▪ Westend Family (14) ▪ Greenboro (6) ▪ West Carleton FHN (8) ▪ Riverside FHG (8) ▪ Rockland Family Medicine FHG (4) 	<ul style="list-style-type: none"> ▪ Madawaska Valley (5) ▪ Arnprior District (10) ▪ Opeongo (3) ▪ FHGY DUFF (3) ▪ Osgoode Village (4) 	<ul style="list-style-type: none"> ▪ Russell Family Health Groups (8) ▪ Nation Valley (7) ▪ Clarence Creek (5) 	<ul style="list-style-type: none"> ▪ Carleton Place (2)
Heart Health Coalitions	<ul style="list-style-type: none"> ▪ Ottawa Heart Beat 	<ul style="list-style-type: none"> ▪ Healthy Living Partnership 	<ul style="list-style-type: none"> ▪ Healthy Rhythm Coalition 	<ul style="list-style-type: none"> ▪ Tri-Health Coalition

2.1.1 Primary Care

Appendix B presents a list of Family Health Groups and Family Health Networks in the Champlain region.

Family Health Networks (DHC, 2004)

Family Health Networks (FHNs) operate under a contract with the Ontario Ministry of Health and Long-Term Care and OFHN. Each FHN signs its own contract and physicians can choose from either the blended or reformed fee-for-service model. The models feature:

- payments for service enhancement codes: preventive care bonuses and premiums for
- providing comprehensive care;
- compensation for continuing medical education;
- funding for improved clinical and practice management software and technology (MOHLTC, 2003)

Family Health Groups (DHC, 2004)

A Family Health Group (FHG) consists of three or more physicians practicing together. These physicians need not be located in the same physical office space, but must be within reasonable distance of each other. Through this model, physicians are rewarded for delivering comprehensive primary care through payment incentives. Payments through FHG are fee-for-service billings in the usual fashion, with the addition of incentives for providing specific types of care. The primary incentive is a 10 percent premium on 13 commonly provided services ranging from general assessments to flu shots to patients who have become registered clients of the FHG. Additional premiums will be provided for services such as palliative and after-hours care (Ontario Medical Review, 2003, 70(7)).

2.1.2 Community Health Centres

The MOHLTC's Community and Health Promotion Branch is responsible for administering and funding the Community Health Centre (CHC) Program. *Appendix C* provides a detailed overview of the community health centres in the Champlain District in regards to budget, clients, and staffing issues.

Community health centres are:

- Non-profit centres which provide a range of primary health and non-institutional services with an emphasis on illness prevention, health promotion, health education and community development.
- Serve a wide range of clients, including identified priority groups within a given geographic area who have difficulty accessing health care services or who have high health care needs (e.g., seniors, new immigrants, the homeless and those with low incomes).
- Operate within a fixed and global budget and provide services using salaried health professionals. CHC's offer 24-hour access to coordinated services;
- Have multidisciplinary teams of providers that include physicians, nurse practitioners, Dietitians, health promoters, counselors
- Develop programs based on the needs of the community and work in partnership with other health organizations (e.g., public health, hospitals, CCACs) to ensure an integrated and coordinated continuum of care; and
- Work in partnership with organizations in other sectors (e.g., municipalities, education, justice, recreation and economic development) to develop a healthy community.

2.1.3 Specialty Care

The University of Ottawa Heart Institute (UOHI) is the regional cardiac care centre serving the Champlain district. The UOHI is responsible for regional acute care coordination, interventional cardiology, waiting list management, and triage, and cardiac rehabilitation services. The UOHI is a subsidiary of The Ottawa Hospital.

2.1.4 Hospitals

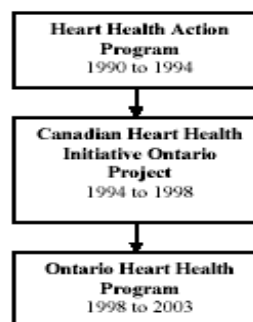
A total of 17 regional hospitals operate in the Champlain District. The majority (73%) of hospital beds in the region are located in Ottawa. *Appendix D* provides an overview of hospital activity and cardiac patient volumes.

2.2 Ontario Heart Health Program

There is a 14-year history of community and provincial dedication to heart health promotion in Ontario.

Figure 2.2 provides a sequential review of past heart health initiatives in Ontario. *Figure 2.3* provides a detailed overview of the organizational structure of the Ontario Heart Health Program within the context of national, provincial and regional partners.

Figure 2.2: History of Past Heart Health Initiatives



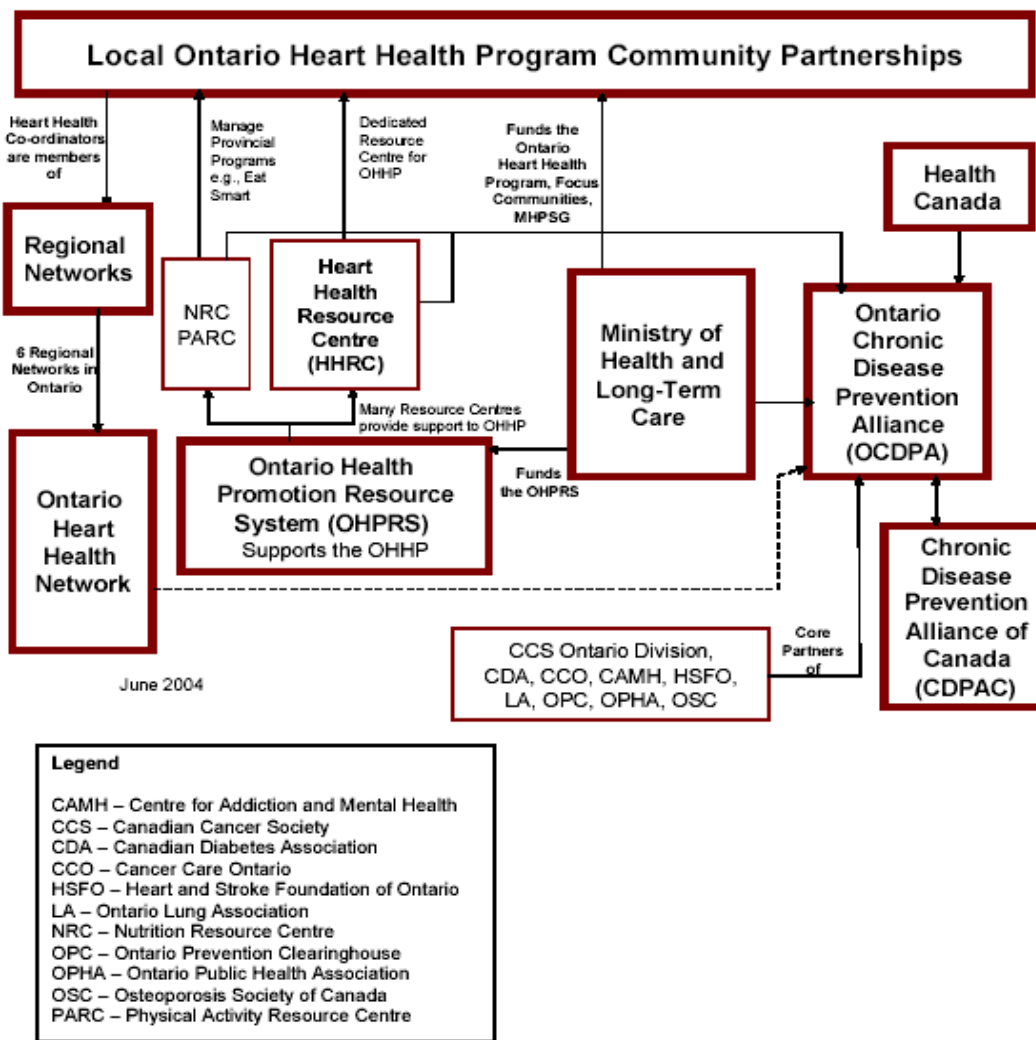
The Ministry of Health and Long-Term Care provides funding for the Heart Health Resource Centre at the Ontario Public Health Association. The Centre provides consultation, training and resources to Heart Health programs across Ontario. It also houses the Heart Health Network, a provincial network of organizations involved in heart health activities. The Network provides opportunities for those involved in planning and delivering community-based heart health programs to share information, learn about new developments, and identify learning and training needs.

The Heart Health program is part of the Ontario Government's comprehensive cardiac strategy, which includes health promotion and disease prevention, community-based care, pre-hospital and hospital-based emergency care, in-patient care and cardiac rehabilitation. Delivered through Public Health Units and local partners across the province, the program focuses on the three key risk factors linked to cardiovascular disease.

The program supports people in making healthy lifestyle choices -- avoiding tobacco use, eating a healthy diet with plenty of fruits and vegetables and staying active throughout their lives. In 2003, the Health Promotion and Wellness (HP&W), Public Health Branch (PHB), MOHLTC announced funding for the Ontario Heart Health Program: Taking Action for Healthy Living (OHHP:TAFHL) from April 2004 to

December 2007. The logic model for the Taking Action for Healthy Living (OHHP:TAFHL) is presented in *Appendix E*.

Figure 2.3 Organizational structure of the Ontario Heart Health Program (national, provincial and regional partners)



2.2.1 Regional Heart Health Coalition

Four Heart Health Coalitions are present in the Champlain region. The details of each Coalition have been outlined in the subsections below. The Ontario Heart Health Program provides up to \$125,000 annually to support Regional Heart Health Programs. This funding has been used in most regions to support the salary of a 1.0 FTE regional Heart Health Coordinator (with the exception of the city of Ottawa Public Health Unit). Funding must be matched by a ratio of 1:2 through in-kind donations from Public Health Units and other partners. Below is an overview of regional funding for regional Heart Health Coalitions. Each of the four regional programs has a total operating budget of approximately \$375,000.

2.2.1.1 Ottawa Heart Beat

The Regional Heart Beat Committee (RHBC) is a coalition of community groups and organizations working together to improve the health of the people in the City of Ottawa. The committees' origins can be traced to the launching of the City of Ottawa's Heart Beat program in 1987.

The Vision of the Ottawa Heart Beat Committee is to increase the health of people in the City of Ottawa through adoption of healthier lifestyles in a supportive, clean and safe environment.

The committee has been working together since 1988 in an evolving structure which adjusts to meet the changing needs of the community it serves and the environment in which it functions. Ottawa Public Health was the lead agency in the formation of Regional Heart Beat. Over time, the Regional Heart Beat Committee (and sub-committees) became the vehicle for community participation with the Regional Heart Beat Executive Committee acting as the body for conducting the business of the Regional Heart Beat coalition.

2.2.1.3 Healthy Rhythm/Au rythme du cœur

The Healthy Rhythm/Au rythme du coeur Coalition operates in association with the Eastern Ontario Public Health Unit.

2.2.1.4 Healthy Living Partnership

The Healthy Living Partnership operates in association with the Renfrew County Public Health Unit.

2.2.1.4 Tri-Health Team

The Tri-Health Team operates in association with the Leeds, Lanark, and Grenville Public Health Unit. "Tri Health" was selected as the name for the project. "Tri" was selected because the project covers three counties, and targets three risk factors.

Mission statement

The Tri Health Team, working through its community partnerships, seeks to improve the heart health of residents of Lanark-Leeds-Grenville by focusing on physical activity, smoke-free living and nutrition. Improvements in these factors will also reduce the risk of other lifestyle diseases such as cancer, diabetes and osteoporosis.

3.0 Heart Health Inventory

3.1 Heart & Stroke Foundation

Program	Host Organization	Host Program	Target Audience	Format	Area of Focus	Channel/Setting	Volume
Blood Pressure Initiative	<ul style="list-style-type: none"> Heart and Stroke Foundation of Ontario (HSFO) 		<ul style="list-style-type: none"> Consumers Primary Care Providers Pharmacists Community health practitioners 	<ul style="list-style-type: none"> FY '00-- '05 Development of a web-based blood pressure action plan and Heart and Stroke Risk Assessment Action Plan and focus on media to draw consumers to complete an Action Plan 	<ul style="list-style-type: none"> Web-based Blood Pressure Action Plan developed Web-based Heart and Stroke Risk Assessment Tool developed 	<ul style="list-style-type: none"> Web-based Media (direct mail letters, television spot, digital ads, magazine article) 	<ul style="list-style-type: none"> Since March '03, 64,955 Ontarians completed plans (110,907 total)
Stroke Signs Public Awareness	<ul style="list-style-type: none"> Heart and Stroke Foundation of Ontario (HSFO) 		<ul style="list-style-type: none"> Consumers 	<ul style="list-style-type: none"> FY '02- '05 Provincial media campaign to raise level of public awareness of stroke signs 	<ul style="list-style-type: none"> Television campaign implemented Public relations activities 	<ul style="list-style-type: none"> Media / Television 	<ul style="list-style-type: none"> Approximately 80% of viewers 45 years and older viewed spot 19.4 time for a total of 60,528,000 impressions. In 2004-2005, it is planned that 85% of viewers 45 years and older will view the spot 24.7 times for a total of 90,831,000 impressions.

3.2 Public Health Units

3.2.1 Inventory of Programs delivered by Ottawa Heart Beat & City of Ottawa Public Health Unit

Program	Host Organization	Host Program	Target Audience	Format	Area of Focus	Channel/Setting	Volumes
Exposé	<ul style="list-style-type: none"> Ottawa Public Health 	<ul style="list-style-type: none"> Exposé team 	<ul style="list-style-type: none"> Youth 	<ul style="list-style-type: none"> Mobilization Education awareness Peer educators 	<ul style="list-style-type: none"> Tobacco 	<ul style="list-style-type: none"> Secondary schools 	<ul style="list-style-type: none"> All schools (n=51)
Taking Charge	<ul style="list-style-type: none"> Ottawa Public Health 	<ul style="list-style-type: none"> IDP team 	<ul style="list-style-type: none"> Women 	<ul style="list-style-type: none"> Education awareness 	<ul style="list-style-type: none"> Healthy lifestyles 	<ul style="list-style-type: none"> Community at large 	<ul style="list-style-type: none"> N/A
ACCESS (Accessible Chances for Everyone to Stop Smoking)	<ul style="list-style-type: none"> Ottawa Public Health 	<ul style="list-style-type: none"> Ottawa Heart Beat 	<ul style="list-style-type: none"> Adults Youth (13-18 yrs) Community Volunteers/ Partners Education Professionals Individuals living in low income situations 	<ul style="list-style-type: none"> Education Awareness Community Mobilization 	<ul style="list-style-type: none"> Tobacco 	<ul style="list-style-type: none"> Community at large Secondary Schools 	<ul style="list-style-type: none"> 3 Secondary schools 146 Group sessions 1500 Client contacts
Eat Smart Program	<ul style="list-style-type: none"> Ottawa Public Health 	<ul style="list-style-type: none"> Nutrition Team 	<ul style="list-style-type: none"> Adults Youth 	<ul style="list-style-type: none"> Education & Awareness Community mobilization 	<ul style="list-style-type: none"> Healthy eating 	<ul style="list-style-type: none"> Community at large Workplace Secondary schools Restaurant staff 	<ul style="list-style-type: none"> 20 Secondary schools 60 Restaurants 3 Workplaces
Active Ottawa	<ul style="list-style-type: none"> Ottawa Champions Committee and Ottawa Public Health 	<ul style="list-style-type: none"> Physical Activity Team 	<ul style="list-style-type: none"> Children & youth Adults Older adults 	<ul style="list-style-type: none"> Community mobilization Awareness & education 	<ul style="list-style-type: none"> Physical activity 	<ul style="list-style-type: none"> Community at large 	
Healthy Weights Initiative	<ul style="list-style-type: none"> Ottawa Public Health 	<ul style="list-style-type: none"> Ottawa Heart Beat 	<ul style="list-style-type: none"> Families/Parents 	<ul style="list-style-type: none"> Education Awareness 	<ul style="list-style-type: none"> BMI Nutrition Physical Activity 	<ul style="list-style-type: none"> Community at large Secondary Schools 	<ul style="list-style-type: none"> 15,000 participants
Multi-Cultural Health Coalition	<ul style="list-style-type: none"> Ottawa Public Health 	<ul style="list-style-type: none"> Ottawa Heart Beat 	<ul style="list-style-type: none"> Diverse populations Individuals living in low income situations 	<ul style="list-style-type: none"> Education Awareness Community mobilization 	<ul style="list-style-type: none"> Healthy Eating, Healthy Weight Physical Activity Diabetes 	<ul style="list-style-type: none"> Community at large Jamican Afgani Cambodian Ethiopian Chinese Somali Arabic Malayali 	<ul style="list-style-type: none"> 552 participants

Program	Host Organization	Host Program	Target Audience	Format	Area of Focus	Channel/Setting	Volumes
Rural Heart Health Coalition	<ul style="list-style-type: none"> Ottawa Public Health 	<ul style="list-style-type: none"> Ottawa Heart Beat 	<ul style="list-style-type: none"> General Community Adults Seniors (+65) 	<ul style="list-style-type: none"> Awareness 	<ul style="list-style-type: none"> Healthy eating Physical Activity Healthy weights Stress management Injury Prevention Cancer Diabetes Osteoporosis Stroke 	<ul style="list-style-type: none"> Community at large 	<ul style="list-style-type: none"> 650 Adults 300 Seniors
Woman Alive	<ul style="list-style-type: none"> Ottawa Public Health 	<ul style="list-style-type: none"> Ottawa Heart Beat 	<ul style="list-style-type: none"> Female Professionals (sports, fitness, recreation) Children (<13 yrs) Health Care Professionals 	<ul style="list-style-type: none"> Education Awareness Environmental Support 	<ul style="list-style-type: none"> Healthy eating Physical Activity Tobacco Healthy Weights Stress management Cancer Diabetes Stroke 	<ul style="list-style-type: none"> Community at large Recreation Facilities 	<ul style="list-style-type: none"> 10 Children 60 Females 20 Health Care Professionals 20 Professionals (sport, fitness, recreation)
Physical Activity, Workplace Health (Health Ottawa at Work)	<ul style="list-style-type: none"> Ottawa Public Health 	<ul style="list-style-type: none"> Ottawa Heart Beat 	<ul style="list-style-type: none"> Adults (All) Health Care Professionals Professionals (sport, fitness, recreation) Professionals who promote health in the Workplace e.g. Human Resources Health & Safety 	<ul style="list-style-type: none"> Education Awareness 	<ul style="list-style-type: none"> Physical Activity Healthy Weights Stress Management Cancer Diabetes Injury Prevention 	<ul style="list-style-type: none"> Worksites 	<ul style="list-style-type: none"> 700 Organizations
Kanata Heart Beat	<ul style="list-style-type: none"> Ottawa Public Health 	<ul style="list-style-type: none"> Ottawa Heart Beat 	<ul style="list-style-type: none"> General Community Seniors (+65) Community Volunteers and Partners 	<ul style="list-style-type: none"> Education Awareness Environmental Support 	<ul style="list-style-type: none"> Healthy Eating Healthy Weight Physical Activity Diabetes Stress management Cancer Osteoporosis Stroke Other: Men's Health 	<ul style="list-style-type: none"> Community at large 	<ul style="list-style-type: none"> 1000 Seniors 10,000 General Community 100 Community Volunteers/ Partners
GottaWalk Coalition	<ul style="list-style-type: none"> Ottawa Public Health 	<ul style="list-style-type: none"> Ottawa Heart Beat 	<ul style="list-style-type: none"> General Community Families/Parents 	<ul style="list-style-type: none"> Awareness Community Mobilization 	<ul style="list-style-type: none"> Healthy eating Physical Activity Healthy weights Stress mgmt. Injury Prevention Cancer Diabetes Osteoporosis 	<ul style="list-style-type: none"> Community at large Media 	<ul style="list-style-type: none"> >10,000 General Community

Program	Host Organization	Host Program	Target Audience	Format	Area of Focus	Channel/Setting	Volumes
Partenaires Franco-Sante	<ul style="list-style-type: none"> Ottawa public Health 	<ul style="list-style-type: none"> Ottawa Heart Beat 	<ul style="list-style-type: none"> Individuals living in low income situations Youth (13-18 yrs) Female/Male Adults General Community Health Care Professionals Education Professionals (sport, fitness, recreation) 	<ul style="list-style-type: none"> Education Awareness Community Mobilization 	<ul style="list-style-type: none"> Physical Activity Healthy Eating Tobacco Healthy weights Stress Mgmt. Social Determinants of health Cancer Diabetes Osteoporosis Other: Mental Health 	<ul style="list-style-type: none"> Community at large Media Secondary Schools 	<ul style="list-style-type: none"> 14,300 General Community
Pathways to Health	<ul style="list-style-type: none"> Ottawa Public Health 	<ul style="list-style-type: none"> Ottawa Heart Beat 	<ul style="list-style-type: none"> General Community 				
Pathway Patrol	<ul style="list-style-type: none"> Ottawa Public Health 	<ul style="list-style-type: none"> Ottawa Heart Beat 	<ul style="list-style-type: none"> Community Volunteers/ Partners General Community 	<ul style="list-style-type: none"> Awareness 	<ul style="list-style-type: none"> Physical Activity Healthy Weights Stress Management Cancer Diabetes Stroke Osteoporosis Air Quality 	<ul style="list-style-type: none"> Media 	<ul style="list-style-type: none"> 50,000 participants
RHBE (Regional Heart Beat Executive)	<ul style="list-style-type: none"> Ottawa Public Health 	<ul style="list-style-type: none"> Ottawa Heart Beat 	<ul style="list-style-type: none"> Community Volunteers/ Partners Females Seniors (+65 yrs) Families/Parents General Community Health Care Professionals Professionals (sport, fitness, recreation) Individuals in low income situations Politicians Other: gatekeepers/ Opinion Leaders 	<ul style="list-style-type: none"> Education Awareness Community Mobilization 	<ul style="list-style-type: none"> Healthy Eating, Tobacco Alcohol & Drugs Healthy weights Physical Activity Diabetes Stress Management Injury Prevention Stroke Men's Health 	<ul style="list-style-type: none"> Community at large Media 	<ul style="list-style-type: none"> 360,000 participants

Program	Host Organization	Host Program	Target Audience	Format	Area of Focus	Channel/Setting	Volumes
Regional Heart Saver Committee	<ul style="list-style-type: none"> Ottawa Public Health 	<ul style="list-style-type: none"> Ottawa Heart Beat 	<ul style="list-style-type: none"> General Community Families/Parents Females Seniors Community Volunteers/Partners 	<ul style="list-style-type: none"> Education 	<ul style="list-style-type: none"> Healthy eating Physical Activity Injury Prevention Stroke 	<ul style="list-style-type: none"> Community at large Media Recreation facilities Worksites Health care settings 	<ul style="list-style-type: none"> +120,000 General Community 200 Community Volunteers/Partners
Youth Heart Beat	<ul style="list-style-type: none"> Ottawa Public Health 	<ul style="list-style-type: none"> Ottawa Heart Beat 	<ul style="list-style-type: none"> Children (<13 yrs) Youth (13-18 yrs) 	<ul style="list-style-type: none"> Education Awareness 	<ul style="list-style-type: none"> N/A 	<ul style="list-style-type: none"> N/A 	<ul style="list-style-type: none"> 2000 Children 37 Youth
Youth Committee	<ul style="list-style-type: none"> Ottawa Public Health 	<ul style="list-style-type: none"> N/A 	<ul style="list-style-type: none"> Youth 	<ul style="list-style-type: none"> Intervention 	<ul style="list-style-type: none"> Heart Health 		<ul style="list-style-type: none"> N/A
Public Health Info Line	<ul style="list-style-type: none"> Ottawa Public Health 	<ul style="list-style-type: none"> N/A 	<ul style="list-style-type: none"> General Community 	<ul style="list-style-type: none"> Information Line 	<ul style="list-style-type: none"> Non Specific 	<ul style="list-style-type: none"> Community at large 	<ul style="list-style-type: none"> N/A
Forever Young at heart Initiative	<ul style="list-style-type: none"> Ottawa Public Health 	<ul style="list-style-type: none"> N/A 	<ul style="list-style-type: none"> Adults 	<ul style="list-style-type: none"> Course/Program 	<ul style="list-style-type: none"> Physical Activity 		<ul style="list-style-type: none"> N/A
Walk away from Diabetes	<ul style="list-style-type: none"> Ottawa Public Health 	<ul style="list-style-type: none"> N/A 	<ul style="list-style-type: none"> Adults 	<ul style="list-style-type: none"> Promotion Program 	<ul style="list-style-type: none"> Heart Health Physical Activity 		<ul style="list-style-type: none"> N/A
City of Ottawa Work Place Smoking Cessation Program	<ul style="list-style-type: none"> Ottawa Public Health 	<ul style="list-style-type: none"> N/A 	<ul style="list-style-type: none"> Workplace 	<ul style="list-style-type: none"> Course/Program 	<ul style="list-style-type: none"> Tobacco 		<ul style="list-style-type: none"> N/A

3.2.2 Healthy Living Partnership & Renfrew County Public Health Unit

Program Name	Host Organization	Host Program	Target Audience	Format	Area of Focus	Channel/ Setting	Volumes
Lifestyle Changes	<ul style="list-style-type: none"> RCDHU 	<ul style="list-style-type: none"> Healthy Living Partnership 	<ul style="list-style-type: none"> General Community 	<ul style="list-style-type: none"> Awareness Education 	<ul style="list-style-type: none"> Nutrition/Healthy Living Physical Activity Tobacco 	<ul style="list-style-type: none"> Recreation Facilities (1) 	<ul style="list-style-type: none"> 1200 General Community
Community Food Advisor Program	<ul style="list-style-type: none"> RCDHU 	<ul style="list-style-type: none"> Healthy Living Partnership 	<ul style="list-style-type: none"> Children Youth Families/Parents General Community 	<ul style="list-style-type: none"> Education 	<ul style="list-style-type: none"> Nutrition/Healthy Eating Healthy Weights 	<ul style="list-style-type: none"> Elementary Schools Daycare/Nursery schools Worksites Grocery stores Community at large 	<ul style="list-style-type: none"> 552 Children 130 Youth 933 Adults
Healthy Schools	<ul style="list-style-type: none"> RCDHU 	<ul style="list-style-type: none"> Healthy Living Partnership 	<ul style="list-style-type: none"> Children Youth Families/Parents Education Professionals 	<ul style="list-style-type: none"> Awareness Education Environmental Support Policy Development 	<ul style="list-style-type: none"> Nutrition/Healthy Eating Physical activity Alcohol & drugs Healthy weights 	<ul style="list-style-type: none"> Elementary Schools Secondary Schools 	<ul style="list-style-type: none"> 4000 Children 1900 Youth 500 Adults 150 Education Professionals
Community Mobilization	<ul style="list-style-type: none"> RCDHU 	<ul style="list-style-type: none"> Healthy Living Partnership 	<ul style="list-style-type: none"> Community Volunteers/ Partners 	<ul style="list-style-type: none"> Community Mobilization 	<ul style="list-style-type: none"> Non Specific 	<ul style="list-style-type: none"> N/A 	<ul style="list-style-type: none"> 14 Community Volunteers/ Partners
Healthy Workplaces	<ul style="list-style-type: none"> RCDHU 	<ul style="list-style-type: none"> Healthy Living Partnership 	<ul style="list-style-type: none"> Adults (All) Families/Parents 	<ul style="list-style-type: none"> Awareness Education Environment Support 	<ul style="list-style-type: none"> Nutrition/healthy Eating Physical Activity Tobacco Alcohol & other drugs Stress management Social determinants of health Cancer 	<ul style="list-style-type: none"> Worksites 	<ul style="list-style-type: none"> 2500 All Adults
Communications Campaigns	<ul style="list-style-type: none"> RCDHU 	<ul style="list-style-type: none"> Healthy Living Partnership 	<ul style="list-style-type: none"> Adults (All) Families/Parents, General Community Professionals (sports, fitness , recreation) 	<ul style="list-style-type: none"> Awareness Education Environment Support 	<ul style="list-style-type: none"> Nutrition/Healthy Eating Physical Activity 	<ul style="list-style-type: none"> Media Recreation Facilities Grocery Stores Community at large 	<ul style="list-style-type: none"> 1000 Adults 2500 General Community 18 Professional
Provincial Quit Smoking Contest	<ul style="list-style-type: none"> RCDHU 	<ul style="list-style-type: none"> Healthy Living Partnership 	<ul style="list-style-type: none"> Adults (All) General Community 	<ul style="list-style-type: none"> Awareness 	<ul style="list-style-type: none"> Tobacco 	<ul style="list-style-type: none"> Media 	<ul style="list-style-type: none"> 300 Adult
Professional Development	<ul style="list-style-type: none"> RCDHU 	<ul style="list-style-type: none"> Healthy Living Partnership 	<ul style="list-style-type: none"> General Community 	<ul style="list-style-type: none"> Awareness Education 	<ul style="list-style-type: none"> Nutrition/Healthy Living Physical Activity Tobacco 	<ul style="list-style-type: none"> Recreation Facilities (1) 	<ul style="list-style-type: none"> 1200 General Community

Program Name	Host Organization	Host Program	Target Audience	Format	Area of Focus	Channel/Setting	Volume
Seniors Exercise Class Development	<ul style="list-style-type: none"> RCDHU 	<ul style="list-style-type: none"> Healthy Living Partnership 	<ul style="list-style-type: none"> Community Volunteers/ Partners Seniors Health Care Professionals Politicians 	<ul style="list-style-type: none"> Community Mobilization 	<ul style="list-style-type: none"> Injury Prevention Osteoporosis 	<ul style="list-style-type: none"> Elementary Schools 	<ul style="list-style-type: none"> 25 Community Volunteers/ Partners 50 Seniors 6 Community Volunteers/ Partners 25 Health Care Professionals 5 Politicians
Kids in the Kitchen	<ul style="list-style-type: none"> RCDHU 	<ul style="list-style-type: none"> Healthy Living Partnership 	<ul style="list-style-type: none"> Politicians General Community Health Care Professionals Professionals (sports, fitness, recreation) Other (Business Proprietors) 	<ul style="list-style-type: none"> Awareness Policy Development Policy Implementation Community Mobilization 	<ul style="list-style-type: none"> Tobacco Air Quality 	<ul style="list-style-type: none"> Community at large Media Recreation Facilities Worksites Restaurants 	<ul style="list-style-type: none"> 10,000 General Community 10 Health Care Professionals 12 Professionals (sports, fitness, recreation) 12 Politicians 25 Business Proprietors
Kindergym	<ul style="list-style-type: none"> RCDHU 	<ul style="list-style-type: none"> Healthy Living Partnership 	<ul style="list-style-type: none"> Adults (All) Families/Parents 	<ul style="list-style-type: none"> Families/Parents Children Diverse Populations Individuals in low income situations 	<ul style="list-style-type: none"> Education Awareness Environmental Support 	<ul style="list-style-type: none"> Nutrition/Healthy Eating Healthy Weight 	<ul style="list-style-type: none"> N/A
KidSport	<ul style="list-style-type: none"> RCDHU 	<ul style="list-style-type: none"> Healthy Living Partnership 	<ul style="list-style-type: none"> Children Youth 	<ul style="list-style-type: none"> Awareness Community Mobilization 	<ul style="list-style-type: none"> Physical Activity 	<ul style="list-style-type: none"> Recreation Facilities Community at large 	<ul style="list-style-type: none"> 35 Children 15 Youth
Arnprior Smoking Cessation Program	<ul style="list-style-type: none"> RCDHU 	<ul style="list-style-type: none"> N/A 	<ul style="list-style-type: none"> Non Specific 	<ul style="list-style-type: none"> Course/Program 	<ul style="list-style-type: none"> Tobacco 	<ul style="list-style-type: none"> Variable: local community centres, worksite 	<ul style="list-style-type: none"> Individualized Small group (n=5)
Barry's Bay Smoking Cessation Program	<ul style="list-style-type: none"> RCDHU 	<ul style="list-style-type: none"> N/A 	<ul style="list-style-type: none"> Non Specific 	<ul style="list-style-type: none"> Course/Program 	<ul style="list-style-type: none"> Tobacco 	<ul style="list-style-type: none"> Variable: local community centres, worksite 	<ul style="list-style-type: none"> Individualized Small group (n=5)
Deep River Smoking Cessation Program	<ul style="list-style-type: none"> RCDHU 	<ul style="list-style-type: none"> N/A 	<ul style="list-style-type: none"> Non Specific 	<ul style="list-style-type: none"> Course/Program 	<ul style="list-style-type: none"> Tobacco 	<ul style="list-style-type: none"> Variable: local community centres, worksite 	<ul style="list-style-type: none"> Individualized Small group (n=5)
Pembroke Smoking Cessation Program	<ul style="list-style-type: none"> RCDHU 	<ul style="list-style-type: none"> N/A 	<ul style="list-style-type: none"> Non Specific 	<ul style="list-style-type: none"> Course/Program 	<ul style="list-style-type: none"> Tobacco 	<ul style="list-style-type: none"> Variable: local community centres, worksite 	<ul style="list-style-type: none"> Individualized Small group (n=5)
Renfrew Smoking Cessation Program	<ul style="list-style-type: none"> RCDHU 	<ul style="list-style-type: none"> N/A 	<ul style="list-style-type: none"> Non Specific 	<ul style="list-style-type: none"> Course/Program 	<ul style="list-style-type: none"> Tobacco 	<ul style="list-style-type: none"> Variable: local community centres, worksite 	<ul style="list-style-type: none"> Individualized Small group (n=5)
Smoking Cessation Program	<ul style="list-style-type: none"> Eastern Ontario Health Unit 	<ul style="list-style-type: none"> N/A 	<ul style="list-style-type: none"> Non Specific 	<ul style="list-style-type: none"> Course/Program 	<ul style="list-style-type: none"> Tobacco 	<ul style="list-style-type: none"> Health Unit site 	<ul style="list-style-type: none"> Individualized 20 participants

3.2.3 Eastern County Public Health Unit

Program Name	Host Organization	Host Program	Target Audience	Format	Area of Focus	Channel/Setting	Volume
Smoke Free Living	<ul style="list-style-type: none"> Eastern Ontario Health Unit 	<ul style="list-style-type: none"> Healthy Rhythm Coalition 	<ul style="list-style-type: none"> Children (<13 yrs) Youth (13-18 yrs) 	<ul style="list-style-type: none"> Awareness Education 	<ul style="list-style-type: none"> Tobacco Air Quality Other Chronic Diseases: Cancer and CVD 	<ul style="list-style-type: none"> Elementary Schools 	<ul style="list-style-type: none"> 2000 Children
Active Transportation	<ul style="list-style-type: none"> Eastern Ontario Health Unit 	<ul style="list-style-type: none"> Healthy Rhythm Coalition 	<ul style="list-style-type: none"> Adults (All) Male, Female Families/Parents General Community Politicians/other gate keepers/ Opinion Leaders 	<ul style="list-style-type: none"> Environmental Support Education Community Mobilization 	<ul style="list-style-type: none"> Physical Activity Healthy weights Stress Management Other Chronic Diseases: Cancer, Diabetes, CVD 	<ul style="list-style-type: none"> Media Worksites Community at large 	<ul style="list-style-type: none"> 15 adults
After School Program	<ul style="list-style-type: none"> Eastern Ontario Health Unit 	<ul style="list-style-type: none"> Healthy Rhythm Coalition 	<ul style="list-style-type: none"> Children (<13 yrs) 	<ul style="list-style-type: none"> Education Awareness Environmental support 	<ul style="list-style-type: none"> Nutrition/Healthy Eating, Physical Activity Healthy weights Other chronic diseases: Diabetes, obesity, CVD, Cancer 	<ul style="list-style-type: none"> Elementary Schools Day Camps Recreation Facilities 	<ul style="list-style-type: none"> 350 youth
Coalition Development	<ul style="list-style-type: none"> Eastern Ontario Health Unit 	<ul style="list-style-type: none"> Healthy Rhythm Coalition 	<ul style="list-style-type: none"> Community Volunteers/ Partners General Community Health Care Professionals Education Professionals Professionals (sport, fitness, recreation) Politicians/Other Gatekeepers/ Opinion Leaders 	<ul style="list-style-type: none"> Community Mobilization 	<ul style="list-style-type: none"> Non-specific 	<ul style="list-style-type: none"> Media 	<ul style="list-style-type: none"> 10 partners
Eat Smart	<ul style="list-style-type: none"> Eastern Ontario Health Unit 	<ul style="list-style-type: none"> Healthy Rhythm Coalition 	<ul style="list-style-type: none"> General Community Adults (All) Seniors (+65) Families/Parents Politicians Other: Restaurant owners 	<ul style="list-style-type: none"> Awareness Environmental Support 	<ul style="list-style-type: none"> Nutrition/Healthy Eating Healthy Weights Other Chronic Diseases: Cancer, Obesity, CVD, Diabetes 	<ul style="list-style-type: none"> Media 	<ul style="list-style-type: none"> 15 restaurants

Program	Host Organization	Host Program	Target Audience	Format	Area of Focus	Channel/Setting	Volumes
Food Security	<ul style="list-style-type: none"> Eastern Ontario Health Unit 	<ul style="list-style-type: none"> Healthy Rhythm Coalition 	<ul style="list-style-type: none"> General Community Adults (All) 	<ul style="list-style-type: none"> Education Environmental Support Community mobilization 	<ul style="list-style-type: none"> Nutrition/Healthy Eating 	<ul style="list-style-type: none"> Community at large 	<ul style="list-style-type: none"> 45 adults
Healthy Living	<ul style="list-style-type: none"> Eastern Ontario Health Unit 	<ul style="list-style-type: none"> Healthy Rhythm Coalition 	<ul style="list-style-type: none"> General Community Adults (all) Families/Parents 	<ul style="list-style-type: none"> Awareness Education 	<ul style="list-style-type: none"> Nutrition/Healthy Eating Physical Activity Tobacco Healthy weights Stress management Air Quality Other Chronic Diseases: Cancer, Diabetes, CVD 	<ul style="list-style-type: none"> Media Worksites Community at large 	<ul style="list-style-type: none"> 65 adults
Smoke Free By Law	<ul style="list-style-type: none"> Eastern Ontario Health Unit 	<ul style="list-style-type: none"> Healthy Rhythm Coalition 	<ul style="list-style-type: none"> Adults (All) General Community Politicians/Other Gatekeepers/Opinion Leaders 	<ul style="list-style-type: none"> Awareness Policy Implementation 	<ul style="list-style-type: none"> Tobacco Air Quality Other Chronic Diseases: Cancer & CVD 	<ul style="list-style-type: none"> Media Community at large 	<ul style="list-style-type: none"> N/A
Active Living	<ul style="list-style-type: none"> Eastern Ontario Health Unit 	<ul style="list-style-type: none"> Healthy Rhythm Coalition 	<ul style="list-style-type: none"> Adults (All) Families/Parents General Community 	<ul style="list-style-type: none"> Education Environmental Support Policy Development Community Mobilization 	<ul style="list-style-type: none"> Physical Activity Healthy Weights Stress Management Other Chronic Diseases: Diabetes, CVD, Cancer 	<ul style="list-style-type: none"> Community at large Recreation Facilities Worksites 	<ul style="list-style-type: none"> 20 adults

3.2.4 Tri-Health Team & Lanark-Leeds-Grenville

Program Name	Host Organization	Host Program	Target Audience	Format	Area of Focus	Channel/ Setting	Volumes
Tri-Trials	<ul style="list-style-type: none"> Lanark-Leeds-Grenville District Health Unit 	<ul style="list-style-type: none"> Tri-Health 	<ul style="list-style-type: none"> General Community 	<ul style="list-style-type: none"> Awareness Education Policy Development Community Mobilization 	<ul style="list-style-type: none"> Physical Activity Healthy Weights Other Chronic Diseases: Advocating for Health as a reason for Trials 	<ul style="list-style-type: none"> Community at large Media 	<ul style="list-style-type: none"> 156,000 General Community
Eat Smart! Cafeteria	<ul style="list-style-type: none"> Lanark-Leeds-Grenville District Health Unit 	<ul style="list-style-type: none"> Tri-Health 	<ul style="list-style-type: none"> Youth (13-18 yrs) Adults (All) Other: Gatekeepers/Opinion Leaders 	<ul style="list-style-type: none"> Awareness Education Environmental Support 	<ul style="list-style-type: none"> Nutrition/Healthy Eating 	<ul style="list-style-type: none"> Secondary Schools Worksites 	<ul style="list-style-type: none"> 3500 Youth 300 Adults 50 Gatekeepers/Opinion Leaders
Eat Smart! Restaurant	<ul style="list-style-type: none"> Lanark-Leeds-Grenville District Health Unit 	<ul style="list-style-type: none"> Tri-Health 	<ul style="list-style-type: none"> Adults (All) Families/Parents Restaurant owners and managers 	<ul style="list-style-type: none"> Awareness Education Environmental Support 	<ul style="list-style-type: none"> Nutrition/Healthy Eating Healthy Weights Alcohol & Other Drugs 	<ul style="list-style-type: none"> Media Restaurants 	<ul style="list-style-type: none"> 156,000 General Community 45 Restaurant owners/managers
Healthy Schools	<ul style="list-style-type: none"> Lanark-Leeds-Grenville District Health Unit 	<ul style="list-style-type: none"> Tri-Health 	<ul style="list-style-type: none"> Children (<13 yrs) Youth (13-18 yrs) Families/Parents Community Volunteers/Partners Education Professionals 	<ul style="list-style-type: none"> Education Environmental Support Awareness 	<ul style="list-style-type: none"> Nutrition/Healthy Eating Physical Activity 	<ul style="list-style-type: none"> Media Community at large Elementary schools Secondary schools 	<ul style="list-style-type: none"> 1200 Children 2000 Youth 80 Education Professionals Families/Parents
Workplace Events/Resource Communication	<ul style="list-style-type: none"> Lanark-Leeds-Grenville District Health Unit 	<ul style="list-style-type: none"> Tri-Health 	<ul style="list-style-type: none"> Adults (All) Other gatekeepers/Opinion Leaders 	<ul style="list-style-type: none"> Awareness Education Environmental Support 	<ul style="list-style-type: none"> Nutrition/healthy Eating Physical Activity Tobacco Healthy Weights Stress Management 	<ul style="list-style-type: none"> Worksites 	<ul style="list-style-type: none"> 800 Adults 25 Health Care Professionals
Workplace Wellness	<ul style="list-style-type: none"> Lanark-Leeds-Grenville District Health Unit 	<ul style="list-style-type: none"> Tri-Health 	<ul style="list-style-type: none"> Adults (All) Health Care Professionals Gatekeepers/Opinion Leaders 	<ul style="list-style-type: none"> Awareness Education Environmental Support 	<ul style="list-style-type: none"> Nutrition/Healthy Eating Physical Activity Tobacco Healthy Weights Stress Management 	<ul style="list-style-type: none"> Worksites 	<ul style="list-style-type: none"> 800 Adults 25 Health Care Professionals

3.3 Community Health Centres

Program Name	Host Center	Host Program	Target Audience	Format	Area of Focus	Channel/ Setting	Volumes
Stress Management Clinic	▪ Sandy Hill Community Health Center	-	▪ Non Specific	▪ Clinic	▪ Stress Management	▪ Community Health Centre	-
Stress Management Clinic	▪ Somerset West Community Services	-	▪ Non Specific	▪ Clinic	▪ Stress Management	▪ Community Health Centre	-
Stress Reduction Program (French)	▪ Centretown Community Health Centre	-	▪ Adults	▪ Program	▪ Stress Management ▪ Meditation ▪ Stretching	▪ Community Health Centre	-
Stress Reduction Program (english)	▪ Centretown Community Health Centre	-	▪ Adults	▪ Program	▪ Stress Management ▪ Meditation ▪ Stretching	▪ Community Health Centre	-
Stress Management Workshop	▪ Cumberland Community Resource Center	-	▪ Non Specific	▪ Workshop	▪ Stress Management	▪ Community Health Centre	-
Stress Management Workshop	▪ Eastern Ottawa Resource Center	-	▪ Non Specific	▪ Workshop	▪ Stress Management	▪ Community Health Centre	-
Stress Management Workshop	▪ Lowertown Community Resource Center	-	▪ Non Specific	▪ Workshop	▪ Stress Management	▪ Community Health Centre	-
Stress Management Clinic	▪ Pinecrest-Queensway Community Service	-	▪ Adult Women	▪ Workshop	▪ Stress Management	▪ Community Health Centre	-
Stress Reduction Workshop	▪ Nepean Community Resource Center	-	▪ Non Specific	▪ Workshop	▪ Stress Management	▪ Community Health Centre	-
Stress Reduction Workshop	▪ Carlington Community & Health Services	-	▪ Nonspecific	▪ Workshop	▪ Mindfulness Based Stress Reduction	-	-
Living Health In a Stressful World	▪ Somerset West Community Health Centre	-	▪ Adults	▪ Program	▪ Stress Management	▪ Community Health Centre	-
Breath Free	▪ Seventh Day Adventist Church	-	▪ Non Specific	▪ Program	▪ Tobacco	▪ Community	-
Butt Out	▪ National Defense-Force Health Protection	▪ Strengthening the Forces Health Promotion	▪ Adults (All)	▪ Program	▪ Tobacco	▪ Worksite	-
Kick Butt for 2 Program	▪ Young Single Parent Support Network of Ottawa	-	▪ Children ▪ Youth	▪ Program	▪ Stress Management ▪ Tobacco	▪ Community	-
Smoking Cessation Program	▪ Lowertown Community Resource Center	-	▪ Adults ▪ Youth	▪ Program	▪ Tobacco	▪ Community Health Centre	-

Program Name	Host Center	Host Program	Target Audience	Format	Area of Focus	Channel/ Settings	Volumes
Neighborhood Tobacco Recovery Network	<ul style="list-style-type: none"> Glebe St. James United Church 	-	<ul style="list-style-type: none"> Adults Youth 	<ul style="list-style-type: none"> Support Group 	<ul style="list-style-type: none"> Tobacco 	<ul style="list-style-type: none"> Community 	-
Smoking Cessation Program	<ul style="list-style-type: none"> Sandy Hill Community Centre 	<ul style="list-style-type: none"> A.C.E.S.S 	<ul style="list-style-type: none"> Adults Youth 	<ul style="list-style-type: none"> Program 	<ul style="list-style-type: none"> Tobacco 	<ul style="list-style-type: none"> Community Health Centre 	-
Sacred Smoke	<ul style="list-style-type: none"> Wabano Center for Aboriginal Health 	<ul style="list-style-type: none"> A.C.E.S.S 	<ul style="list-style-type: none"> Aboriginal Population 	<ul style="list-style-type: none"> Program 	<ul style="list-style-type: none"> Tobacco 	<ul style="list-style-type: none"> Community at large Secondary schools 	-
Smoking Cessation Program	<ul style="list-style-type: none"> Pinecrest-Queensway Health & Community Services 	<ul style="list-style-type: none"> A.C.E.S.S 	<ul style="list-style-type: none"> Adults Youth 	<ul style="list-style-type: none"> Program 	<ul style="list-style-type: none"> Tobacco 	<ul style="list-style-type: none"> Community Health Centre 	-
Smoking Cessation Program	<ul style="list-style-type: none"> Carlington Community & Health Services 	<ul style="list-style-type: none"> A.C.E.S.S 	<ul style="list-style-type: none"> Adults 	<ul style="list-style-type: none"> Program 	<ul style="list-style-type: none"> Tobacco 	<ul style="list-style-type: none"> Community at large 	-
Stop Smoking Program	<ul style="list-style-type: none"> Centretown Community Health Centre 	<ul style="list-style-type: none"> A.C.E.S.S 	<ul style="list-style-type: none"> Adults Youth 	<ul style="list-style-type: none"> Program 	<ul style="list-style-type: none"> Tobacco 	<ul style="list-style-type: none"> Community at large 	-
Smoking Cessation Program	<ul style="list-style-type: none"> Somerset West Community Health Center 	<ul style="list-style-type: none"> A.C.E.S.S 	<ul style="list-style-type: none"> Adults Youth 	<ul style="list-style-type: none"> Program 	<ul style="list-style-type: none"> Tobacco 	<ul style="list-style-type: none"> Community Health Centre 	-
Smoking Cessation Program	<ul style="list-style-type: none"> South-East Ottawa Centre for a Health Community 	<ul style="list-style-type: none"> A.C.E.S.S 	<ul style="list-style-type: none"> Adults Youth 	<ul style="list-style-type: none"> Program 	<ul style="list-style-type: none"> Tobacco 	<ul style="list-style-type: none"> Community Health Centre 	-
Tobacco Relapse Prevention Drop In Support Group	<ul style="list-style-type: none"> Somerset West Community Health Centre 	-	<ul style="list-style-type: none"> Adults Youth 	<ul style="list-style-type: none"> Assistance Agency 	<ul style="list-style-type: none"> Tobacco 	<ul style="list-style-type: none"> Community Health Centre 	-
Tobacco Use Reduction Initiative	<ul style="list-style-type: none"> North Lanark Community Health Center 	-	<ul style="list-style-type: none"> General Community 	<ul style="list-style-type: none"> 	<ul style="list-style-type: none"> Tobacco 	<ul style="list-style-type: none"> Community Health Centre 	-
Diabetes Prevention Program	<ul style="list-style-type: none"> Wabano Center for Aboriginal Health 	<ul style="list-style-type: none"> Ottawa-Carleton 	<ul style="list-style-type: none"> Aboriginal Population 	<ul style="list-style-type: none"> Group[Program 	<ul style="list-style-type: none"> Diabetes Health Promotion 	<ul style="list-style-type: none"> Community Health Centre 	-
Community Based Diabetes Education Program	<ul style="list-style-type: none"> Centretown Community Health Center 	<ul style="list-style-type: none"> Community Health and Resource Centres across the region 	<ul style="list-style-type: none"> Adults living with Type 2 Diabetes 	<ul style="list-style-type: none"> Program 	<ul style="list-style-type: none"> Diabetes Nutrition/Healthy eating Physical Activity 	<ul style="list-style-type: none"> Community Health and Resource Centres across the region 	<ul style="list-style-type: none"> 91 participants
Community Based Diabetes Education Program	<ul style="list-style-type: none"> Overbrook-Forbes Community Resource Center 	<ul style="list-style-type: none"> Centretown Community Health Centre 	<ul style="list-style-type: none"> Adults living with Type 2 Diabetes 	<ul style="list-style-type: none"> Program 	<ul style="list-style-type: none"> Diabetes Nutrition/Healthy Eating 	<ul style="list-style-type: none"> Community 	<ul style="list-style-type: none"> 31participants

Program Name	Host Center	Host Program	Target Audience	Format	Area of Focus	Channel/ Setting	Volumes
Community Based Diabetes Education Program	▪ Nepean Community Resource Center	▪ Centretown Community Health Centre	▪ Adults living with Type 2 Diabetes	▪ Group Education	▪ Diabetes ▪ Nutrition/Healthy Eating ▪ Physical Activity	▪ Community Health Centre	▪ 15 participants
Community Based Diabetes Education Program	▪ Pinecrest-Queensway Health & Community Services	▪ Centretown Community Health Centre	▪ Adults living with Type 2 Diabetes	▪ Group Education	▪ Diabetes ▪ Nutrition/Healthy Eating ▪ Physical Activity	▪ Community Health Centre	▪ 4 participants
Community Based Diabetes Education Program	▪ Carlington Community and Health Services	▪ Centretown Community Health Centre	▪ Adults living with Type 2 Diabetes	▪ Group Education	▪ Diabetes ▪ Nutrition/Healthy Eating ▪ Physical Activity	▪ Community Health Centre	▪ 17 participants
Community Based Diabetes Education Program	▪ Community Resource Centre of Goulbourn Kanata, & West Carleton	▪ Centretown Community Health Centre	▪ Adults living with Type 2 Diabetes	▪ Group Education	▪ Diabetes ▪ Nutrition/Healthy Eating ▪ Physical Activity	▪ Community Health Centre	▪ 22 participants
Community Based Diabetes Education Program	▪ Somerset West Community Health Centre	▪ Centretown Community Health Centre	▪ Adults living with Type 2 Diabetes	▪ Group Education	▪ Diabetes ▪ Nutrition/Healthy Eating ▪ Physical Activity	▪ Community Health Centre	▪ 78 participants
Community Based Diabetes Education Program	▪ Sandy Hill Community Health Centre	▪ Centretown Community Health Centre	▪ Adults living with Type 2 Diabetes	▪ Group Education	▪ Diabetes ▪ Nutrition/Healthy Eating ▪ Physical Activity	▪ Community Health Centre	▪ 26 participants
Community Based Diabetes Education Program	▪ Lowertown Resource Centre	▪ Centretown Community Health Centre	▪ Adults living with Type 2 Diabetes	▪ Group Education	▪ Diabetes ▪ Nutrition/Healthy Eating ▪ Physical Activity	▪ Community Health Centre	▪ 8 participants
Community Based Diabetes Education Program	▪ Vanier Community Service Centre	▪ Centretown Community Health Centre	▪ Adults living with Type 2 Diabetes	▪ Group Education	▪ Diabetes ▪ Nutrition/Healthy Eating ▪ Physical Activity	▪ Community Health Centre	▪ 23 participants
Community Based Diabetes Education Program	▪ South East Ottawa Center for a Health Community	▪ Centretown Community Health Centre	▪ Adults living with Type 2 Diabetes	▪ Group Education	▪ Diabetes ▪ Nutrition/Healthy Eating ▪ Physical Activity	▪ Community Health Centre	▪ 50 participants
Community Based Diabetes Education Program	▪ Gloucester Centre for Community Resources	▪ Centretown Community Health Centre	▪ Adults living with Type 2 Diabetes	▪ Group Education	▪ Diabetes ▪ Nutrition/Healthy Eating ▪ Physical Activity	▪ Community Health Centre	▪ 34 participants
Community Based Diabetes Education Program	▪ Cumberland Township Community Resource Centre	▪ Centretown Community Health Centre	▪ Adults living with Type 2 Diabetes	▪ Group Education	▪ Diabetes ▪ Nutrition/Healthy Eating ▪ Physical Activity	▪ Community Health Centre	▪ 53 participants
Community Based Diabetes Education Program	▪ Hunt Club/Riverside Community Services Centre	▪ Centretown Community Health Centre	▪ Adults living with Type 2 Diabetes	▪ Group Education	▪ Diabetes ▪ Nutrition/Healthy Eating ▪ Physical Activity	▪ Community Health Centre	-
Diabetes on the Move	▪ Carlington Community & Health Services	▪ Centretown Community Health Centre	▪ Adults with diabetes	-	▪ Individual Session with Health Promoter, Physician, RN, Chiropodist, nutritionist every 3 months	▪ Diabetes	-
Nutrition Counseling	▪ Pinecrest-Queensway Health & Community Centers	-	▪ General Community	▪ Counseling	▪ Nutrition/Healthy Eating	▪ Community Health Centre	-

Program Name	Host Center	Host Program	Target Audience	Format	Area of Focus	Channel/ Setting	Volumes
Nutrition Counseling	<ul style="list-style-type: none"> Centretown Community Health Center Overbrook-Forbes CRC 	<ul style="list-style-type: none"> Public Health & Home Management 	<ul style="list-style-type: none"> General Community Carson's Community (women) and general community & High School students 	<ul style="list-style-type: none"> Counseling Information on OGM Workshops and groups 	<ul style="list-style-type: none"> Nutrition/Healthy Eating Health Safety-for Collective Kitchens Nutrition/ Health Eating 	<ul style="list-style-type: none"> Residents of Centertown, Glebe and Ottawa South 	<ul style="list-style-type: none"> 25 6 per groups (3 different groups)
Nutrition Counseling	<ul style="list-style-type: none"> Carlington Community & Health Services 	-	<ul style="list-style-type: none"> General Community 	<ul style="list-style-type: none"> Counseling 	<ul style="list-style-type: none"> Nutrition/ Health Eating 	-	-
Goodbye Dieting, Hello Joyful Eating	<ul style="list-style-type: none"> Somerset West Community Health Centre 	-	<ul style="list-style-type: none"> General Community 	<ul style="list-style-type: none"> Group 	<ul style="list-style-type: none"> Nutrition/Healthy Eating 	<ul style="list-style-type: none"> Community Health Centre 	-
Healthy Cooking Health Eating	<ul style="list-style-type: none"> Somerset West Community Health Centre 	-	<ul style="list-style-type: none"> Multicultural group (Chinese) 	<ul style="list-style-type: none"> Group 	<ul style="list-style-type: none"> Nutrition/Healthy Eating 	<ul style="list-style-type: none"> Community Health Centre 	-
Healthy Cooking for Seniors	<ul style="list-style-type: none"> Somerset West Community Health Centre 	-	<ul style="list-style-type: none"> Seniors 	<ul style="list-style-type: none"> Group 	<ul style="list-style-type: none"> Nutrition/Healthy Eating 	<ul style="list-style-type: none"> Community Health Centre 	-
Good Food Box	<ul style="list-style-type: none"> North Lanark Community Health Center Overbrook-Forbes CRC 	-	<ul style="list-style-type: none"> General Community 	<ul style="list-style-type: none"> Education/ Awareness Education/ Awareness 	<ul style="list-style-type: none"> Nutrition/Healthy Eating Nutrition/Healthy Eating 	<ul style="list-style-type: none"> Community Health Centre 	<ul style="list-style-type: none"> 55
Good Food Box	<ul style="list-style-type: none"> Carlington Community & Health Services 	-	<ul style="list-style-type: none"> General Community 	<ul style="list-style-type: none"> Program 	<ul style="list-style-type: none"> Nutrition/Healthy Eating 	-	-
Exercise on Prescription	<ul style="list-style-type: none"> North Lanark Community Health Center 	-	<ul style="list-style-type: none"> General Rural Community 	<ul style="list-style-type: none"> Community Initiative 	<ul style="list-style-type: none"> Physical Activity Healthy Development 	<ul style="list-style-type: none"> Community Health Centre 	-
Mental Health Promotion Education Series	<ul style="list-style-type: none"> North Lanark Community Health Center 	-	<ul style="list-style-type: none"> Adult 	<ul style="list-style-type: none"> Presentations 	<ul style="list-style-type: none"> Nutrition Healthy Development Healthy Aging 	<ul style="list-style-type: none"> Community Health Centre 	-
Experience In Motion- Fitness Workshop	<ul style="list-style-type: none"> Nepean Community Resource Centre 	-	<ul style="list-style-type: none"> General Community 	<ul style="list-style-type: none"> Course 	<ul style="list-style-type: none"> Physical Activity 	<ul style="list-style-type: none"> Community 	-
Woman Alive	<ul style="list-style-type: none"> Lowertown Community Resource Centre Overbrook-Forbes CRC (Femme Active) 	<ul style="list-style-type: none"> Public Health & OFCRC 	<ul style="list-style-type: none"> Multicultural Women Multicultural Women 	<ul style="list-style-type: none"> Program Program & Information Sessions 	<ul style="list-style-type: none"> Physical Activity Physical Activity 	<ul style="list-style-type: none"> Community 	<ul style="list-style-type: none"> 35
Senior Citizens Exercise Program	<ul style="list-style-type: none"> Lowertown Community Resource Centre 	-	<ul style="list-style-type: none"> Seniors 	<ul style="list-style-type: none"> Program 	<ul style="list-style-type: none"> Physical Activity 	<ul style="list-style-type: none"> Community 	-

Program Name	Host Center	Host Program	Target Audience	Format	Area of Focus	Channel/ Setting	Volumes
Seniors Walking Club	<ul style="list-style-type: none"> ▪ Lowertown Community Resource Centre ▪ Overbrook-Forbes CRC (Femme Active) 	-	<ul style="list-style-type: none"> ▪ Seniors ▪ Seniors 	<ul style="list-style-type: none"> ▪ Program ▪ Program & 1 information session per month on health 	<ul style="list-style-type: none"> ▪ Physical Activity ▪ Physical Activity 	<ul style="list-style-type: none"> ▪ Community 	<ul style="list-style-type: none"> ▪ 38
Exercise Program	<ul style="list-style-type: none"> ▪ Somerset West Community Health Center 	-	<ul style="list-style-type: none"> ▪ Seniors 	<ul style="list-style-type: none"> ▪ Program 	<ul style="list-style-type: none"> ▪ Physical Activity 	<ul style="list-style-type: none"> ▪ Community Health Centre 	-
Exercise Program	<ul style="list-style-type: none"> ▪ Carlington Community & Health Services 	<ul style="list-style-type: none"> ▪ Bellevue Manor Community Centre 	<ul style="list-style-type: none"> ▪ Women 	<ul style="list-style-type: none"> ▪ Program 	<ul style="list-style-type: none"> ▪ Physical Activity 	<ul style="list-style-type: none"> ▪ 	-
Seniors Winter Walking	<ul style="list-style-type: none"> ▪ Somerset West Community Health Centre 	-	<ul style="list-style-type: none"> ▪ Seniors 	<ul style="list-style-type: none"> ▪ Program 	<ul style="list-style-type: none"> ▪ Physical Activity 	<ul style="list-style-type: none"> ▪ Community Health Centre 	-
Blood Pressure/Health Support Clinic	<ul style="list-style-type: none"> ▪ Somerset West Community Health Centre 	-	<ul style="list-style-type: none"> ▪ Seniors 	<ul style="list-style-type: none"> ▪ Clinic 	<ul style="list-style-type: none"> ▪ Hypertension ▪ Health Education 	<ul style="list-style-type: none"> ▪ Community Health Centre 	-
Chinese Blood Pressure & health Support/Education Group	<ul style="list-style-type: none"> ▪ Somerset West Community Resource Centre 	-	<ul style="list-style-type: none"> ▪ Multicultural Seniors 	<ul style="list-style-type: none"> ▪ Clinic 	<ul style="list-style-type: none"> ▪ Hypertension ▪ Health Education 	<ul style="list-style-type: none"> ▪ Community Health Centre 	-
Seniors Health Promotion Workshops	<ul style="list-style-type: none"> ▪ Somerset West Community Resource Centre 	-	<ul style="list-style-type: none"> ▪ Seniors 	<ul style="list-style-type: none"> ▪ Workshops 	<ul style="list-style-type: none"> ▪ Healthy Lifestyles 	<ul style="list-style-type: none"> ▪ Community Health Centre 	-
Outreach Program	<ul style="list-style-type: none"> ▪ Carlington Community & Health Services 	-	<ul style="list-style-type: none"> ▪ Seniors 	<ul style="list-style-type: none"> ▪ Clinic 	<ul style="list-style-type: none"> ▪ Hypertension and Health Education 	<ul style="list-style-type: none"> ▪ 	-

3.4 Specialty Programs

3.4.1 University of Ottawa Heart Institute Programs (UOHI)

Program Name	Host Organization	Host Program	Target Audience	Format	Area of Focus	Channel/ Setting	Volumes
FitLife	UOHI	Heart Health Education Centre	<ul style="list-style-type: none"> Adults at high risk for CHD (no clinical disease) 	<ul style="list-style-type: none"> Group exercise & education Individual counseling 	<ul style="list-style-type: none"> Exercise Nutrition 	<ul style="list-style-type: none"> Hospital 	<ul style="list-style-type: none"> 80 participants
Out-patient Smoking Cessation	UOHI	Heart Health Education Centre	<ul style="list-style-type: none"> General Public 	<ul style="list-style-type: none"> Individual counseling 	<ul style="list-style-type: none"> Smoking 	<ul style="list-style-type: none"> Hospital 	<ul style="list-style-type: none"> 200 participants
In-patient Smoking Cessation	UOHI	Heart Health Education Centre	<ul style="list-style-type: none"> Cardiac Patients 	<ul style="list-style-type: none"> Individual counseling 	<ul style="list-style-type: none"> Smoking 	<ul style="list-style-type: none"> Hospital 	<ul style="list-style-type: none"> 900 participants
Resource Centre	UOHI	Heart Health Education Centre	<ul style="list-style-type: none"> Patients Families Residents 	<ul style="list-style-type: none"> Library / Website 	<ul style="list-style-type: none"> Risk Modification 	<ul style="list-style-type: none"> Hospital 	<ul style="list-style-type: none"> Start-up
Family Heart Health Program	UOHI	Heart Health Education Centre	<ul style="list-style-type: none"> Families of Cardiac Patients 	<ul style="list-style-type: none"> Individual screening & group education 	<ul style="list-style-type: none"> Risk Modification Goal Setting 	<ul style="list-style-type: none"> Hospital 	<ul style="list-style-type: none"> Start-up
Heart Health Lecture Series	UOHI	Heart Health Education Centre	<ul style="list-style-type: none"> Cardiac Patients Family Members Residents of Champlain 	<ul style="list-style-type: none"> Group / Tele-health 	<ul style="list-style-type: none"> Heart Healthy Living 	<ul style="list-style-type: none"> Hospital 	<ul style="list-style-type: none"> 600 participants (March) Start-up
Risk Assessment Program	UOHI	Heart Health Education Centre	<ul style="list-style-type: none"> General Public 	<ul style="list-style-type: none"> Group / Individual screening 	<ul style="list-style-type: none"> Screening 	<ul style="list-style-type: none"> Hospital 	<ul style="list-style-type: none"> 250 participants
Worksite/Community Education/Screening	UOHI	Heart Health Education Centre	<ul style="list-style-type: none"> General Public 	<ul style="list-style-type: none"> Worksite / Community site 	<ul style="list-style-type: none"> Screening 	<ul style="list-style-type: none"> Hospital 	<ul style="list-style-type: none"> 500 participants
Cardiac Rehabilitation	UOHI / Pembroke Satellite	Prevention & Rehabilitation	<ul style="list-style-type: none"> Cardiac Patients 	<ul style="list-style-type: none"> Group exercise Education Counseling Medical Management 	<ul style="list-style-type: none"> Exercise Risk Factor Modification 	<ul style="list-style-type: none"> Hospital 	<ul style="list-style-type: none"> 900 participants (UOHI) 100 participants (Pembroke)
Cardiac Rehabilitation	Hawkesbury & District Hospital	Medicine	<ul style="list-style-type: none"> Cardiac Patients 	<ul style="list-style-type: none"> Group exercise Education Counseling Medical Management 	<ul style="list-style-type: none"> Exercise Risk Factor Modification 	<ul style="list-style-type: none"> Hospital 	<ul style="list-style-type: none"> 44 participants

3.4.2 Specialized Clinics

Program Name	Host Organization	Host Program	Target Audience	Format	Area of Focus	Channel/ Setting	Volumes
Emerald Program	Ottawa Cardiology Consultants	-	<ul style="list-style-type: none"> ▪ BMI >27 with cardiovascular risk factors ▪ Metabolic syndrome 	<ul style="list-style-type: none"> ▪ Individual counseling 	<ul style="list-style-type: none"> ▪ Evaluation of Metabolic Syndrome for Reduction of Atherosclerosis, Lipids and Diabetes 	<ul style="list-style-type: none"> ▪ Clinical 	<ul style="list-style-type: none"> ▪ 600 participants
Weight Management Clinic	The Ottawa Hospital	-	<ul style="list-style-type: none"> ▪ Body Mass Index (BMI) greater than 30 	<ul style="list-style-type: none"> ▪ Individual counseling ▪ Group sessions 	<ul style="list-style-type: none"> ▪ Weight-loss program through diet, physical activity, behavioural counseling 	<ul style="list-style-type: none"> ▪ Clinical 	<ul style="list-style-type: none"> ▪ 200-250 participants
Intermediate/Advanced Diabetes Education Program	The Ottawa Hospital (Civic, General, Riverside)	Endocrinology	<ul style="list-style-type: none"> ▪ uncontrolled / complicated diabetes patients 	<ul style="list-style-type: none"> ▪ Individual counseling 	<ul style="list-style-type: none"> ▪ Diabetes management 	<ul style="list-style-type: none"> ▪ Hospital 	<ul style="list-style-type: none"> ▪
CHIP Program	Elizabeth Bruyere Research Institute	-	<ul style="list-style-type: none"> ▪ Hypertensive adults over 65 years 	<ul style="list-style-type: none"> ▪ Group risk assessments at local pharmacies 	<ul style="list-style-type: none"> ▪ Hypertension screening & education 	<ul style="list-style-type: none"> ▪ Regional pharmacy 	<ul style="list-style-type: none"> ▪ 401

3.4 Hospitals

Institution	Activities/programs/partnerships to prevent recurrence in patients with <u>diagnosed heart disease</u>				Activities/programs/Partnerships <u>to prevent new cases of heart disease.</u>							Activities/Programs/Partnerships <u>to prevent other chronic diseases</u>		
	ER Protocol	Care Map	Cardiac Rehab Volumes	Cardiac Teaching	In-patient Smoking cessation	Out-patient smoking cessation	Blood Pressure	Blood Lipids	Physical Activity	Diet	Obesity	Diabetes Clinics	Diabetes Education	Stroke
Almonte General	Y	Y	-	Bedside	N	N	N	N	N	N	N	N	Y	N
Arnprior & District Memorial	Y	Y	-	Bedside	N	N	N	Y	N	Y	Y	Y	Y	N
Carleton Place & District Memorial	Y	Y	-	Bedside	N	N	N	N	N	N	N	N	Y	N
CHEO	N/A	N/A	-	N/A	N	N	Y	Y	N	N	Y	Y	N	N
Cornwall Community & District	Y	Y	-	Bedside risk screening	N	N	N	Y	N	N	N	N	N	N
Deep River & District	Y	Y	-	Bedside	N	N	N	N	N	Y	Y	Y	Y	N
Glengarry Memorial	Y	Y	-	Bedside	Y	N	N	N	N	N	N	Y	N	N
Hawkesbury and District General	Y	Y	44	Bedside	N	N	N	N	N	N	N	Y	Y	N
Hôpital Montfort	Y	Y	**	Bedside	N	N	N	N	N	Y	N	Y	Y	N
Queensway Carleton	Y	?	-	CHF Clinic	N	N	N	N	Y	N	N	Y	Y	Y
Pembroke General	Y	Y	133	Bedside	N	N	N	N	N	N	N	Y	Y	N
Renfrew Victoria	Y	Y	-	Bedside Group	N	N	N	N	N	Y	N	Y	Y	N
Royal Ottawa Health Care Group	N/A	N	-	N/A	N	Y	N	N	Y	N	Y	N	N	N
St. Francis Memorial	Y	Y	-	-	N	N	N	N	N	N	N	N	Y	N
The Sisters of Charity (Sco)	N/A	N/A	-	N/A	N	N	N	N	N	N	N	Y	Y	Y
The Ottawa Hospital	Y	Y	-	Bedside	N	N	N	N	N	N	N	N	N	Y
Winchester District Memorial	Y	Y	-	Bedside	N	N	N	N	N	N	N	Y	Y	N
Ottawa Heart Institute	Y	Y	979	Bedside & Group	Y		Y	Y	Y	Y	N	N	N	N

**Program under development, HSF-RR, Heart and Stroke Foundation Road to Recovery

4.0 Conclusions

The present inventory provides an overview of partner organizations and their activity in the area of heart disease prevention. The inventory provides a baseline to support future planning in the Champlain District.

The inventory has identified several key themes including:

- (1) The majority of heart health prevention programs are delivered by three groups public health, community health centres, and specialty care;
- (2) Programs delivered by regional Public Health Units focus on youth programs and communications campaigns to promote healthy lifestyle approaches;
- (3) Community Health Centres provide a highly specialized programming to minority populations filling a niche for service delivery in potentially high risk populations;
- (4) There is some duplication of services across the Champlain district including worksites program, general education and community education programs, smoking cessation interventions;
- (5) The majority of programs are concentrated in the Ottawa-Carleton region of Champlain with few services being available in Renfrew and Eastern County including smoking cessation;
- (6) The University of Ottawa Heart Institute is one of the few providers delivering risk factor screening and detection services;
- (7) Specialty care is serving a higher risk population;

Appendix A: Glossary of Terms

Activity: Several activities make up a program. Activities are usually time limited and task oriented.

Approach: A potential health promotion strategy used with in a program. Approaches include awareness raising, education, environmental support and policy change. (Heart Health Resource Centre,1998).

Awareness Raising: An approach that includes using health communication to increase general knowledge about healthy lifestyles (i.e. distribution of pamphlets/booklets, mass communication campaigns and community events like contests or fairs).

Cardiovascular Disease: Represent all diseases of the circulatory system including acute myocardial infarction, ischemic heart disease, valvular heart disease, peripheral vascular disease, arrhythmias, high blood pressure and stroke (The Changing Faces of Heart Disease and Stroke, 2000)

Channel: Sites where activities are carried out and where you will reach you audience (e.g. schools, worksites, health care settings, etc.). (Heart Health Resource Center, 1998).

Community Mobilization: Collective efforts carried out by communities that are directed toward increasing community control and improving health.

Community Partnership: Consistent with resources produced by HHRC such as the Sustainability Manual, “partnership” is meant to convey the most generic term possible for the group of organizational members and volunteers who come together to participate in the local OHHP: *Taking Action for Healthy Living Projects*.

Coronary Risk Assessment: evaluation which examines the presence of heart disease risk factors.

Environmental Support: An approach that refers to changes in physical and social environments that helps to create a healthy society and support healthy public policy (i.e. bike paths and walking trails, improved street lighting, etc.). Also includes indirect programming, where programs are directed to an audience that is responsible for supporting others (i.e. health professionals who promote healthy living lifestyles to their clients).

Program: A well organized series of activities designed to facilitate change in a well defined target group. (HHRC)

Appendix B: Family Health Groups and Family Health Networks in the Champlain Region

Name	Community Served
Active Care Call Group	Ottawa
Almonte FHG	Almonte
Arnprior District	Arnprior
Bank Medical	Ottawa
Barrhaven	Ottawa
Beckwith FHG	Carleton Place
Bridlewood Medical Centre	Kanata
Bruyere FHN	Ottawa
Carleton Place FHN	Carleton Place
Central Ottawa FHN	Ottawa
Civic FHN	Ottawa
Clarence Creek Medical Centre	Clarence Creek
Cornwall Physicians FHG	Martintown
Deep River FHG	Deep River
FHGY DUFF	Orleans
Greenboro Family Medicine Centre	Ottawa
Groupe de Sante Familiale Hawkesbury FHG	Hawkesbury
Holland Carling FHG	Ottawa
Kemptville Medical Group FHG	Kemptville
Le Gang de L'Est FHG	St. Isidore
Madawaska Valley	Barry's Bay
Manotick Medical Associates	Manotick
McArthur FHG	Gloucester
Meadowlands	Ottawa
Med-Team	Kanata
Midtown Ottawa Family Physicians Group	Ottawa
Nation Valley	Winchester
Nepean FHG	Nepean
Opeongo FHG	Kanata
Orleans FHG	Orleans
Orleans Gardens	Orleans
Osgoode Village Health Centre FHG	Osgoode
Ottawa East	Ottawa
Ottawa West FHG	Stittsville
Plantagenet	Plantagenet
Renfrew Calabogie FHG	Renfrew
Rideau-Friel Group	Ottawa
Rockland Family Medicine Clinic	Rockland
Riverside	Ottawa
Russell Family Health Groups	Russell
South Ottawa	Ottawa
St. Joseph	Orleans
St. Lawrence Medical Clinic FHG	Morrisburg
University of Ottawa Health Sciences FHG	University of Ottawa
West Carleton FHN	Carp
Westboro Medical Centre FHG	Ottawa
Westend Family care Clinic	Ottawa

Appendix C: Community Health Centres in the Champlain District

Community Health Centres (CHCs)	2002/2003 Budget Community Health Branch, MOHLTC Funding (\$)	Number of Rostered Clients	Staffing – FTEs (funded through the Community Health Branch, MOHLTC)					Additional Staff (FTE & PTE) from other funding sources **
			GP/FP	NP	N	Other *	Total	
Ottawa								
Carlington Community and Health Services	2.05 M	8,955	3	2	1.7	14.7	21.4	30
Centretown Community Health Centre	3.65 M	9,167	4.6	2	5.8	27.68	40.08	20.42
Pinecrest-Queensway Health and Community Services	2.49 M	11,523	3	3	2	15.95	23.95	100.64
Sandy Hill Community Health Centre	5.03 M	16,708	6.4	2	7.7	38.3	54.4	41.3
Somerset West Community Health Centre	3.55 M	11,479	4.5	4	4.1	29.6	42.2	26.5
South-East Ottawa Centre for a Healthy Community	2.37 M	5,880	3	2.5	3.5	14.75	23.75	23.1
Eastern Counties								
Centre de santé communautaire de l'Estrie	3.08 M	7,526	4.0	3.0	2	11.2	20.2	11.2
-Cornwall	2.08 M	Incl.	3	1.5	2	5.7	12.2	
-Alexandria satellite	0.5 M	Incl.	0.5	0.5	0	3	4	
-Crysler satellite	0.5 M	Incl.	0.5	1	0	2.5	4	
Total	22.22 M	71,238	28.5	18.5	26.8	152.18	225.98	253.16

* Other Staff = health promoter, community health worker, social worker, counsellors, nutritionist, plus administrative and management staff

** Other sources of funding include MOHLTC (other than Community Health Branch), MCSS, municipal funding, fundraising, donations, etc.

Source: Community Health Branch, MOHLTC communication, February 2004

Appendix D: Profile of Champlain District Hospitals

Institution	Activity		Human Resources			Cardiac Admissions		
	Acute Beds**	Separations	MDs	RN/RPN	Dietician*	MI	Heart Failure	Chest Pain
Almonte General	26	1344 (total)	8	52	1.0	13	-	510 (ER)
Arnprior & District Memorial	30	1,448	11	30FT 65PT	1.0	41	-	106 (ER)
Carleton Place & District Memorial	22	170.8	17	48	0.5	46		86
CHEO	108	5,841	350	660	3.0	n/a	n/a	n/a
Cornwall Community & District	182	2,628	50	350	2.0	400	1500	3500
Deep River & Distric	16	412	4	60	1.0	16		6
Glengarry Memorial	22	675	19	55	0.0	9		
Hawkesbury and District General	41	2,682	63	78FT 103PT	1,0			
Hôpital Montfort	108	2,349	200	145	2.0	167	230	300
Queensway Carleton	282	13,603	217	513	10.0	259		254
Pembroke General	154	6,341	23	305	2.5	126	159	174
Renfrew Victoria	30 (55)	1,569	21	250	2.0	77	143	78 115
Royal Ottawa Health Care Group	199	N/A	60 > psychiatrists	164	2	N/A		N/A
The Sisters of Charity (SCO)	0*	370	49	273	3.0	n/a		n/a
St. Francis Memorial	14	446	6	55	0.0	18		167
The Ottawa Hospital – Civic	272	22,273			Y	53		
The Ottawa Hospital – General	318	24,357			Y	324		
Winchester District Memorial	44	2,507	23	127	2.0	85	65	70 1120 (ER)
Ottawa Heart Institute	81	5,953			3.0	440		

Appendix E: The logic model for Taking Action for Healthy Living (OHHP:TAFHL)

HEALTH PROMOTION LOGIC MODEL

